

**Central Aquatic Center**

Located at 520 Fairground Street next to the Cobb Civic Center in the Larry Bell Fitness Complex

**Hours of operation:**

|           |             |           |
|-----------|-------------|-----------|
| Lap Swim: | Mon - Thurs | 6am - 8pm |
|           | Fri         | 6am - 6pm |
|           | Sat         | 9am - 2pm |

Call for available open swim times (770) 528-8465.

**Swimming Lessons Spring 2012**

|             |                 |
|-------------|-----------------|
| Session I   | Feb 20-March 8  |
| Session II  | March 12- 29    |
| Session III | April 9-26      |
| Session IV  | April 30-May 17 |
| Saturday    | Feb 25-March 31 |

Swim lesson registration for Cobb County Residents will be held at 9:00 am on February 18<sup>th</sup>, 2012.

Non-Cobb resident's registration begins at 9:00 am on February 19<sup>th</sup>

**Mountain View Aquatic Center**

Located at 2650 Gordy Parkway in East Cobb

**Hours of operation:**

|           |           |            |
|-----------|-----------|------------|
| Lap Swim: | Mon.-Fri. | 6 am-8 pm  |
|           | Sat       | 9 am-12 pm |

Call for available open swim times (770) 509-4925.

**Swimming Lessons Spring 2012**

|             |                 |
|-------------|-----------------|
| Session I   | Feb 20-March 8  |
| Session II  | March 12- 29    |
| Session III | April 9-26      |
| Session IV  | April 30-May 17 |
| Saturday    | Feb 25-April 21 |

(Note: Saturday classes will not meet on March 17 & 24 and April 7)

Swim lesson registration for Cobb County Residents will be held at 12:00 pm on February 18<sup>th</sup>, 2012.

Non-Cobb resident's registration begins at 12:00 pm on February 20<sup>th</sup>

**West Cobb Aquatic Center**

Located at 3675 Macland Road in Powder Springs

**Hours of operation:**

|           |           |           |
|-----------|-----------|-----------|
| Lap Swim: | Mon.-Fri. | 6 am-9 pm |
|           | Sat       | 9 am-5 pm |

Call for available open swim times 770-222-6700

**Swimming Lessons Spring 2012**

|             |                 |
|-------------|-----------------|
| Session I   | Feb 20-March 7  |
| Session II  | March 12-28     |
| Session III | April 09-25     |
| Session IV  | April 30-May16  |
| Saturday    | Feb 25-March 31 |

Swim lesson registration for Cobb County Residents will be held at 2:00 pm on February 18<sup>th</sup>, 2012.

Non-Cobb resident's registration begins at 2:00 pm February 21<sup>st</sup>

**South Cobb Aquatic Center**

Located at 875 Six Flags Drive in Austell

**Hours of Operation:**

|           |             |
|-----------|-------------|
| Mon – Fri | 8 am – 9 pm |
| Sat       | 9 am – 5 pm |
| Sun       | 2 pm – 5 pm |

Call for open swim and lap swim times 770-739-3180

**Swimming Lessons Spring 2012**

|             |                |
|-------------|----------------|
| Session I   | Mar 5- 21      |
| Session II  | Apr 9- 25      |
| Session III | Apr 30-May 16  |
| Saturday I  | Feb 25- Mar 31 |
| Saturday II | Apr 14-May 19  |

Swim lesson registration for Cobb County Residents will be held at 6:00 pm on February 17<sup>th</sup>, 2012.

Non-Cobb resident's registration begins at 9:00 am February 20<sup>th</sup>

**Aquatic Center – Lessons Aquatic Center – Lessons****Adult Basics (age 15+)**

This class is designed to teach adults who are uncomfortable in the water. It will teach floating and buoyancy on the stomach and back. Introducing freestyle, back crawl, introduction to deep water, and basic water safety

Fees: \$80.00 (Cobb Res) \$105.00 (Non Cobb)

**Central Aquatic Center**

|       |      |                 |              |
|-------|------|-----------------|--------------|
| 52910 | Sat  | Feb 25-March 31 | 1:00-1:50 PM |
| 52911 | T/Th | Feb 21-Mar 8    | 7:00-7:50 PM |
| 52912 | T/Th | Mar 13-29       | 7:00-7:50 PM |
| 52913 | T/Th | Apr 10-26       | 7:00-7:50 PM |
| 52914 | T/Th | May 1-17        | 7:00-7:50 PM |

**Mountain View Aquatic Center**

|       |     |               |              |
|-------|-----|---------------|--------------|
| 52763 | Sat | Feb 25-Apr 21 | 1:00-1:50 PM |
|-------|-----|---------------|--------------|

(Note: Saturday classes will not meet on March 17 & 24 and April 7)

**South Cobb Aquatic Center**

|       |      |               |               |
|-------|------|---------------|---------------|
| 52859 | Sat  | Feb 25-Mar 31 | 1:00- 1:50 PM |
| 52864 | Sat  | Apr14- May 19 | 1:00- 1:50 PM |
| 52863 | M, W | Mar 6- Mar 2  | 6:00- 6:50 PM |
| 52861 | M, W | Apr 10-26     | 6:00-6:50 PM  |
| 52862 | M, W | Apr 11-Apr 27 | 6:00-6:50 PM  |

**West Cobb Aquatic Center**

|       |       |               |               |
|-------|-------|---------------|---------------|
| 52611 | T, Th | Feb 21-Mar 8  | 8:10- 9:00 PM |
| 52612 | T, Th | Mar 13-29     | 8:10- 9:00 PM |
| 52613 | M, W  | Mar 12-Mar 28 | 8:10- 9:00 PM |
| 52614 | T, W  | Apr 30-May 16 | 8:10- 9:00 PM |

**Adult Basics II (age 15+)**

This class is designed to teach adults who have successfully completed Adult Basics I. It will teach freestyle, back crawl, introduction to deep water, and basic water safety

Fees: \$80.00 (Cobb Res) \$105.00 (Non Cobb)

**Central Aquatic Center**

|       |     |                 |             |
|-------|-----|-----------------|-------------|
| 52916 | Sat | Feb 25-March 31 | 12-12:50 PM |
|-------|-----|-----------------|-------------|

**Adult Stroke Development (age 15+)**

This class is for individuals who can swim at least 50 yards of freestyle without stopping and can swim backstroke and breaststroke, and who are comfortable in deep water. This class will teach increased endurance and improved stroke proficiency.

Fees: \$80.00 (Cobb Res) \$105.00 (Non Cobb)

**Central Aquatic Center**

|       |     |                 |                |
|-------|-----|-----------------|----------------|
| 52918 | Sat | Feb 25-March 31 | 11:00-11:50 AM |
|-------|-----|-----------------|----------------|

**Adult Advanced Stroke Development (age 15+)**

This class is for individuals who have completed the Adult Stroke Development class and who are comfortable swimming laps and being in deep water. This class will build ones endurance and improve stroke proficiency.

Fees: \$80.00 (Cobb Res) \$105.00 (Non Cobb)

**Central Aquatic Center**

|       |     |                 |             |
|-------|-----|-----------------|-------------|
| 52924 | Sat | Feb 25-March 31 | 10-10:50 AM |
|-------|-----|-----------------|-------------|

**Parent and Child Classes: (ages 6 months – 3 years)****Parent Tot (age 6mos-18mos)**

A parent or guardian accompanies infants. The instructor guides the parent in teaching water adjustment skills such as: kicking, pulling, going under water and blowing bubbles. Swim diapers are mandatory. No disposable diapers please.

Fees: \$40.00 (Cobb Res) \$65.00 (Non Cobb)

**Central Aquatic Center**

|       |     |                 |              |
|-------|-----|-----------------|--------------|
| 52974 | Sat | Feb 25-March 31 | 8:30-9:00 AM |
|-------|-----|-----------------|--------------|

**Mountain View Aquatic Center**

|       |       |                |                |
|-------|-------|----------------|----------------|
| 53048 | T, Th | Feb 21-Mar 8   | 11:00-11:30 AM |
| 53049 | T, Th | Mar 13-29      | 11:00-11:30 AM |
| 52796 | T, Th | Apr 10-26      | 11:00-11:30 AM |
| 53050 | T,Th  | May 1-17       | 11:00-11:30 AM |
| 52794 | Sat   | Feb 25- Apr 21 | 9:00-9:30 AM   |

(Note: Saturday classes will not meet on March 17 & 24 and April 7)

**South Cobb Aquatic Center**

|       |     |               |               |
|-------|-----|---------------|---------------|
| 52893 | Sat | Feb 25-Mar 31 | 9:00- 9:30 AM |
| 52894 | Sat | Apr 14-May 19 | 9:00- 9:30 AM |

**West Cobb Aquatic Center**

|       |      |               |                 |
|-------|------|---------------|-----------------|
| 52654 | M, W | Feb 20-Mar 7  | 11:00- 11:30 AM |
| 52655 | M, W | Mar 12-28     | 11:00- 11:30 AM |
| 52656 | M, W | Apr 9- 25     | 11:00- 11:30 AM |
| 52657 | M, W | Apr 30- 16    | 11:00- 11:30 AM |
| 52658 | Sat  | Feb 25-Mar 31 | 9:10- 9:40 AM   |

**Parent Tot II (age 18mos-3 yrs)**

A parent or guardian accompanies infants. The instructor guides the parent in teaching water adjustment skills such as: kicking, pulling, going under water and blowing bubbles. Swim diapers are mandatory. No disposable diapers please.

Fees: \$40.00 (Cobb Res) \$65.00 (Non Cobb)

**South Cobb Aquatic Center**

|       |     |               |               |
|-------|-----|---------------|---------------|
| 52895 | Sat | Feb 25-Mar 31 | 9:00- 9:30 AM |
| 52896 | Sat | Apr 14-May 19 | 9:00- 9:30 AM |

## Preschool Classes (ages: 3-5 years)

### **Tadpole (age 3-5)**

This class is designed for the true beginner. Water adjustment skills, blowing bubbles, submerging, and water safety are taught in a playful atmosphere

Fees: \$40.00 (Cobb Res) \$65.00 (Non Cobb)

### **Central Aquatic Center**

|       |      |                 |              |
|-------|------|-----------------|--------------|
| 52987 | Sat  | Feb 25-March 31 | 9:00-9:30AM  |
| 52986 | T/Th | Feb 21-Mar 8    | 1:00-1:30 PM |
| 52988 | T/Th | Mar 13-29       | 1:00-1:30 PM |
| 52991 | T/Th | Apr 10-26       | 1:00-1:30 PM |
| 52995 | T/Th | May 1-17        | 1:00-1:30 PM |
| 52989 | T/Th | Feb 21-Mar 8    | 5:00-5:30 PM |
| 52990 | T/Th | Mar 13-29       | 5:00-5:30 PM |
| 52992 | T/Th | Apr 10-26       | 5:00-5:30 PM |
| 52994 | T/Th | May 1-17        | 5:00-5:30 PM |

### **Mountain View Aquatic Center**

|       |       |                |                    |
|-------|-------|----------------|--------------------|
| 53052 | T, Th | Feb 21-Mar 8   | 11:45 AM -12:15 PM |
| 53053 | T, Th | Mar 13-29      | 11:45 AM -12:15 PM |
| 52804 | T, Th | Apr 10-26      | 11:45 AM -12:15 PM |
| 53054 | T, Th | May 1-17       | 11:45 AM -12:15 PM |
| 52803 | T, Th | Feb 21-Mar 8   | 5:00 PM -5:30 PM   |
| 52805 | T, Th | Mar 13-29      | 5:00 PM -5:30 PM   |
| 52806 | T, Th | Apr 10-26      | 5:00 PM -5:30 PM   |
| 53051 | T, Th | May 1-17       | 5:00 PM -5:30 PM   |
| 52807 | Sat   | Feb 25- Apr 21 | 9:45 AM-10:15 AM   |

(Note: Saturday classes will not meet on March 17 & 24 and April 7)

### **South Cobb Aquatic Center**

|       |       |                |               |
|-------|-------|----------------|---------------|
| 52906 | Sat   | Feb 25- Mar 31 | 9:45-10:15 AM |
| 52908 | Sat   | Apr 14-May 19  | 9:45-10:15 AM |
| 52905 | T,Th  | Mar 6-22       | 4:30- 5:00 PM |
| 52907 | T,Th  | Apr 10- 26     | 4:30- 5:00 PM |
| 52903 | T, Th | May 1-May 17   | 4:30- 5:00 PM |

### **West Cobb Aquatic Center**

|       |       |               |                    |
|-------|-------|---------------|--------------------|
| 52668 | Sat   | Feb 25-Mar 31 | 9:50-10:20 AM      |
| 52669 | M, W  | Feb 20-Mar 7  | 11:45 AM -12:15 PM |
| 52670 | M, W  | Mar 12- 28    | 11:45 AM -12:15 PM |
| 52671 | M, W  | Apr 9-25      | 11:45 AM -12:15 PM |
| 52672 | M, W  | May 2-18      | 11:45 AM -12:15 PM |
| 52673 | T, Th | Feb 21-Mar 8  | 11:00 AM -11:30 AM |
| 52674 | T, Th | Mar 13-29     | 11:00 AM -11:30 AM |
| 52675 | T, Th | Apr 10-26     | 11:00 AM -11:30 AM |
| 52676 | T, Th | May 1-17      | 11:00 AM -11:30 AM |

### **Minnow (age 3-5)**

This class is for preschoolers who can already put their faces in the water. Kicking, stroking, gliding, floating and jumping in will be taught in a playful atmosphere.

Fees: \$40.00 (Cobb Res) \$65.00 (Non Cobb)

### **Central Aquatic Center**

|       |      |                 |               |
|-------|------|-----------------|---------------|
| 52965 | Sat  | Feb 25-March 31 | 9:45-10:15 AM |
| 52970 | T/Th | Feb 21-Mar 8    | 1:45- 2:15 PM |
| 52971 | T/Th | Mar 13-29       | 1:45- 2:15 PM |
| 52972 | T/Th | Apr 10-26       | 1:45- 2:15 PM |
| 52973 | T/Th | May 1-17        | 1:45- 2:15 PM |
| 52964 | T/Th | Feb 21-Mar 8    | 5:45-6:15 PM  |
| 52967 | T/Th | Mar 13-29       | 5:45-6:15 PM  |
| 52968 | T/Th | Apr 10-26       | 5:45-6:15 PM  |
| 52969 | T/Th | May 1-17        | 5:45-6:15 PM  |

### **Mountain View Aquatic Center**

|       |       |                |                |
|-------|-------|----------------|----------------|
| 53044 | M, W  | Feb 20-Mar 7   | 5:00-5:30 PM   |
| 52646 | M, W  | Mar 12- 28     | 5:00-5:30 PM   |
| 52647 | M, W  | Apr 9-25       | 5:00-5:30 PM   |
| 52648 | M, W  | Apr 30-May 16  | 5:00-5:30 PM   |
| 52790 | T, Th | Feb 21-Mar 8   | 12:30- 1:00 PM |
| 53041 | T, Th | Mar 13-29      | 12:30- 1:00 PM |
| 53042 | T, Th | Apr 10-26      | 12:30- 1:00 PM |
| 53043 | T, Th | May 1-17       | 12:30- 1:00 PM |
| 52788 | T, Th | Feb 21-Mar 8   | 6:30- 7:00 PM  |
| 52791 | T, Th | Mar 13-29      | 6:30- 7:00 PM  |
| 52792 | T, Th | Apr 10-26      | 6:30- 7:00 PM  |
| 52793 | T, Th | May 1-17       | 6:30- 7:00 PM  |
| 52789 | Sat   | Feb 25- Apr 21 | 10:30-11:00 AM |

(Note: Saturday classes will not meet on March 17 & 24 and April 7)

### **South Cobb Aquatic Center**

|       |       |                |                |
|-------|-------|----------------|----------------|
| 52888 | Sat   | Feb 25- Mar 31 | 10:30-11:00 AM |
| 52889 | Sat   | Apr 14-May 19  | 10:30-11:00 AM |
| 52887 | T,Th  | Mar 6-22       | 5:15- 5:45 PM  |
| 52890 | T, Th | Apr 10- 26     | 5:15- 5:45 PM  |
| 52891 | T, Th | May 1-May 17   | 5:15-5:45 PM   |

### **West Cobb Aquatic Center**

|       |       |               |                    |
|-------|-------|---------------|--------------------|
| 52645 | M, W  | Feb 20-Mar 7  | 12:30-1:00 PM      |
| 52646 | M, W  | Mar 12- 28    | 12:30-1:00 PM      |
| 52647 | M, W  | Apr 9-25      | 12:30-1:00 PM      |
| 52648 | M, W  | Apr 30-May 16 | 12:30-1:00 PM      |
| 52649 | T, Th | Feb 21- Mar 8 | 11:45 AM-12:15 PM  |
| 52650 | T, Th | Mar 13- 28    | 11:45 AM -12:15 PM |
| 52651 | T, Th | Apr 10-26     | 11:45 AM -12:15 PM |
| 52652 | T, Th | May 1-17      | 11:45 AM-12:15 PM  |
| 52653 | Sat   | Feb 25-Mar 31 | 10:30-11:00 AM     |

**Seals (age 3-5)**

This class is designed for preschoolers who can already swim. The coordination of the flutter kick and alternating arm strokes will be taught. Rhythmic breathing, water safety, and confidence in the water will be stressed.

Fees: \$40.00 (Cobb Res) \$65.00 (Non Cobb)

**Central Aquatic Center**

|       |      |                 |               |
|-------|------|-----------------|---------------|
| 52976 | Sat  | Feb 25-March 31 | 10:30-11:00AM |
| 52978 | T/Th | Feb 21-Mar 8    | 2:30- 3:00 PM |
| 52980 | T/Th | Mar 13-29       | 2:30- 3:00 PM |
| 52981 | T/Th | Apr 10-26       | 2:30- 3:00 PM |
| 52982 | T/Th | May 1-17        | 2:30- 3:00 PM |
| 52979 | T/Th | Feb 21-Mar 8    | 6:30-7:00 PM  |
| 52983 | T/Th | Mar 13-29       | 6:30-7:00 PM  |
| 52984 | T/Th | Apr 10-26       | 6:30-7:00 PM  |
| 52985 | T/Th | May 1-17        | 6:30-7:00 PM  |

**Mountain View Aquatic Center**

|       |       |                |                   |
|-------|-------|----------------|-------------------|
| 53055 | T, Th | Feb 21-Mar 8   | 1:15 PM -1:45 PM  |
| 53056 | T, Th | Mar 13-29      | 1:15 PM -1:45 PM  |
| 53057 | T, Th | Apr 10-26      | 1:15 PM -1:45 PM  |
| 53058 | T, Th | May 1-17       | 1:15 PM -1:45 PM  |
| 52797 | T, Th | Feb 21-Mar 8   | 5:00 PM -5:30 PM  |
| 52798 | T, Th | Mar 13-29      | 5:00 PM -5:30 PM  |
| 52799 | T, Th | Apr 10-26      | 5:00 PM -5:30 PM  |
| 52800 | T, Th | May 1-17       | 5:00 PM -5:30 PM  |
| 52801 | Sat   | Feb 25- Apr 21 | 11:15 AM-11:45 AM |

(Note: Saturday classes will not meet on March 17 & 24 and April 7)

**South Cobb Aquatic Center**

|       |       |                |                |
|-------|-------|----------------|----------------|
| 52899 | Sat   | Feb 25- Mar 31 | 11:15-11:45 AM |
| 52900 | Sat   | Apr 14-May 19  | 11:15-11:45 AM |
| 52898 | T, Th | Mar 6-22       | 5:15- 5:45 PM  |
| 52901 | T,Th  | Apr 10- 26     | 5:15- 5:45 PM  |
| 52902 | T,Th  | May 1-May 17   | 5:15- 5:45 PM  |

**West Cobb Aquatic Center**

|       |       |                |                 |
|-------|-------|----------------|-----------------|
| 52660 | M, W  | Feb 20-Mar 7   | 1:15- 1:45 PM   |
| 52661 | M, W  | Mar 12- 28     | 1:15- 1:45 PM   |
| 52662 | M, W  | Apr 9- 25      | 1:15- 1:45 PM   |
| 52663 | M, W  | May 2- 18      | 1:15- 1:45 PM   |
| 52664 | T, Th | Feb 215- Mar 8 | 12:30-1:00 PM   |
| 52665 | T, Th | Mar 13- 29     | 12:30-1:00 PM   |
| 52666 | T, Th | Apr 10- 26     | 12:30-1:00 PM   |
| 52667 | T, Th | May 1- 17      | 12:30-1:00 PM   |
| 52659 | Sat   | Feb 25-Mar 31  | 11:10- 11:40 AM |

**Learn to Swim Program - Age 5 ½ & up****Level 1 (age 5 ½ - 15)**

This class is designed for children 5 1/2 or older who have little or no swimming experience or who have a fear of the water. Basic water safety skills, placing face in the water, propulsion skills with support, and floating are taught at this level. To complete this Level Students must be able to swim without assistance 10-15 feet and float on their stomach and back. Students must also be comfortable going under the water before progressing to Level 2.

Fees: \$80.00 (Cobb Res) \$105.00 (Non Cobb)

**Central Aquatic Center**

|       |      |                 |              |
|-------|------|-----------------|--------------|
| 52926 | Sat  | Feb 25-March 31 | 11-11:50 AM  |
| 52932 | T/Th | Feb 21-Mar 8    | 4:00-4:50 PM |
| 52933 | T/Th | Mar 13-29       | 4:00-4:50 PM |
| 52934 | T/Th | Apr 10-26       | 4:00-4:50 PM |
| 52935 | T/Th | May 1-17        | 4:00-4:50 PM |

**Mountain View Aquatic Center**

|       |       |                |                |
|-------|-------|----------------|----------------|
| 52767 | T, Th | Feb 21-Mar 8   | 4:00- 4:50 PM  |
| 52768 | T, Th | Mar 13-29      | 4:00- 4:50 PM  |
| 52769 | T, Th | Apr 10-26      | 4:00- 4:50 PM  |
| 53034 | T, Th | May 1-17       | 4:00- 4:50 PM  |
| 52765 | Sat   | Feb 25- Apr 21 | 12:00-12:50 PM |

(Note: Saturday classes will not meet on March 17 & 24 and April 7)

**South Cobb Aquatic Center**

|       |      |               |                 |
|-------|------|---------------|-----------------|
| 52865 | Sat  | Feb 25-Mar 31 | 11:00- 11:50 PM |
| 52870 | Sat  | Apr14- May 19 | 11:00- 11:50 PM |
| 52866 | M, W | Mar 5- Mar 21 | 4:30- 5:20 PM   |
| 52867 | M, W | Apr 9-25      | 4:30- 5:20 PM   |
| 52862 | M, W | Apr 30-May 16 | 4:30- 5:20 PM   |

**West Cobb Aquatic Center**

|       |       |               |               |
|-------|-------|---------------|---------------|
| 52619 | Sat   | Feb 25-Mar 31 | 1:10- 2:00 PM |
| 52615 | M, W  | Feb 20-Mar 7  | 6:10-7:00 PM  |
| 52616 | M, W  | Apr 9-25      | 6:10-7:00 PM  |
| 52617 | T, Th | Feb 21- Mar 8 | 1:10-2:00 PM  |
| 52618 | T, Th | Mar 10-26     | 1:10-2:00 PM  |

**Level 2 (age 6-15)**

This class is designed for children who have completed Level 1 and are able to float and glide on their stomach and back, students must also be comfortable going under water. The front crawl and backstroke are introduced along with rhythmic breathing to the side. To complete Level 2 students must be able to swim 25 yards without stopping and perform rhythmic breathing. Students must also be able to swim on their back 10-15 yards without assistance.

Fees:     \$80.00 (Cobb Res)             \$105.00 (Non Cobb)

**Central Aquatic Center**

|       |      |                 |              |
|-------|------|-----------------|--------------|
| 52938 | Sat  | Feb 25-March 31 | 12-12:50 PM  |
| 52946 | M/W  | Feb 20-Mar 7    | 4:00-4:50 PM |
| 52947 | M/W  | Mar 12-28       | 4:00-4:50 PM |
| 52948 | M/W  | Apr 9-25        | 4:00-4:50 PM |
| 52949 | M/W  | Apr 30-May 16   | 4:00-4:50 PM |
| 52941 | T/Th | Feb 21-Mar 8    | 5:00-5:50 PM |
| 52942 | T/Th | Mar 13-29       | 5:00-5:50 PM |
| 52944 | T/Th | Apr 10-26       | 5:00-5:50 PM |
| 52945 | T/Th | May 1-17        | 5:00-5:50 PM |

**Mountain View Aquatic Center**

|       |       |                |                |
|-------|-------|----------------|----------------|
| 52772 | M, W  | Feb 20-Mar 7   | 4:00-4:50 PM   |
| 52775 | M, W  | Mar 12- 28     | 4:00-4:50 PM   |
| 52776 | M, W  | Apr 9-25       | 4:00-4:50 PM   |
| 53035 | M, W  | Apr 30-May 16  | 4:00-4:50 PM   |
| 52770 | T, Th | Feb 21-Mar 8   | 4:00-4:50 PM   |
| 52771 | T, Th | Mar 13-29      | 4:00-4:50 PM   |
| 52774 | T, Th | Apr 10-26      | 4:00-4:50 PM   |
| 53036 | T, Th | May 1-17       | 4:00-4:50 PM   |
| 53037 | T, Th | Feb 21-Mar 8   | 7:00- 7:50 PM  |
| 53038 | T, Th | Mar 13-29      | 7:00- 7:50 PM  |
| 53039 | T, Th | Apr 10-26      | 7:00- 7:50 PM  |
| 53040 | T, Th | May 1-17       | 7:00- 7:50 PM  |
| 52789 | Sat   | Feb 25- Apr 21 | 12:00-12:50 PM |

(Note: Saturday classes will not meet on March 17 & 24 and April 7)

**South Cobb Aquatic Center**

|       |      |               |                |
|-------|------|---------------|----------------|
| 52875 | Sat  | Feb 25-Mar 31 | 11:00-11:50 AM |
| 52871 | Sat  | Feb 25-Mar 31 | 12:00-12:50 PM |
| 52880 | Sat  | Apr14- May 19 | 11:00-11:50 AM |
| 52872 | Sat  | Apr14- May 19 | 12:00-12:50 PM |
| 52873 | M, W | Mar 5- Mar 21 | 4:30- 5:20 PM  |
| 52877 | M, W | Mar 5- Mar 21 | 5:30- 6:20 PM  |
| 52874 | M, W | Apr 9-25      | 4:30- 5:20 PM  |
| 52878 | M, W | Apr 9-25      | 5:30- 6:20 PM  |
| 52879 | M, W | Apr 30-May 16 | 4:30- 5:20 PM  |
| 52882 | M, W | Apr 30-May 16 | 5:30- 6:20 PM  |

**West Cobb Aquatic Center**

|       |       |               |               |
|-------|-------|---------------|---------------|
| 52621 | M, W  | Mar 12- 28    | 6:10- 7:00 PM |
| 52622 | M, W  | Apr 30- 16    | 6:10- 7:00 PM |
| 52623 | T, Th | Mar 13- 29    | 1:10- 2:00 PM |
| 52624 | T, Th | May 1- 17     | 1:10- 2:00 PM |
| 52625 | T, Th | Feb 21-Mar 8  | 6:10- 7:00 PM |
| 52626 | T, Th | Apr 10- 26    | 6:10- 7:00 PM |
| 52627 | Sat   | Feb 25-Mar 31 | 12:10-1:00 PM |
| 52628 | Sat   | Feb 25-Mar 31 | 9:10-10:00 AM |

**Level 3 (age 6-15)**

This class is designed for children who have completed the Level 2 and can swim 25 yards of front crawl with rhythmic breathing and swim 10-15 yards on their backs. Skills taught at this level include improving front crawl and backstroke, learning the elementary backstroke, treading water, introduction to breaststroke and diving, and water safety skills. To complete this class a student must be able to swim 50 yards of continual front crawl with rhythmic breathing to the side and swim 25 yards each of back crawl and elementary backstroke. Students must also be comfortable in deep water and be able to tread water for up to 30 seconds.

Fees:     \$80.00 (Cobb Res)             \$105.00 (Non Cobb)

**Central Aquatic Center**

|       |      |                 |              |
|-------|------|-----------------|--------------|
| 52952 | Sat  | Feb 25-March 31 | 9:00-9:50 AM |
| 52951 | T/Th | Feb 21-Mar 8    | 4:00-4:50 PM |
| 52954 | T/Th | Mar 13-29       | 4:00-4:50 PM |
| 52955 | T/Th | Apr 10-26       | 4:00-4:50 PM |
| 52956 | T/Th | May 1-17        | 4:00-4:50 PM |

**Mountain View Aquatic Center**

|       |       |                |                |
|-------|-------|----------------|----------------|
| 52779 | T, Th | Feb 21-Mar 8   | 7:00- 7:50 PM  |
| 52780 | T, Th | Mar 13-29      | 7:00- 7:50 PM  |
| 52781 | T, Th | Apr 10-26      | 7:00- 7:50 PM  |
| 52782 | T, Th | May 1-17       | 7:00- 7:50 PM  |
| 52789 | Sat   | Feb 25- Apr 21 | 10:00-10:50 AM |

(Note: Saturday classes will not meet on March 17 & 24 and April 7)

**South Cobb Aquatic Center**

|       |      |               |                |
|-------|------|---------------|----------------|
| 52883 | Sat  | Feb 25-Mar 31 | 12:00-12:50 PM |
| 52884 | Sat  | Apr14- May 19 | 12:00-12:50 PM |
| 52833 | M, W | Mar 5- Mar 21 | 6:00- 6:50 PM  |
| 52834 | M, W | Apr 9-25      | 6:00- 6:50 PM  |

**West Cobb Aquatic Center**

|       |       |                |                |
|-------|-------|----------------|----------------|
| 52629 | M, W  | Feb 20-Mar 7   | 7:10- 8:00 PM  |
| 52630 | M, W  | Apr 9- 25      | 7:10- 8:00 PM  |
| 52631 | T, Th | Mar 13- 29     | 6:10- 7:00 PM  |
| 52632 | T, Th | May 1- 17      | 6:10- 7:00 PM  |
| 52633 | Sat   | Feb 25- Mar 31 | 11:10-12:00 PM |

**Level 4 (age 6-15)**

This class is designed for children who have completed the Level 3 and can swim 50 yards (2 lengths) of front crawl with rhythmic breathing to the side. Students must be able to swim back crawl and elementary backstroke. Swimmers must be able to swim in deep water without assistance. Skills taught at this level include: refining the front and back crawl, improving the breaststroke, introduction to sidestroke, and increased endurance. To complete this class a student must be able to swim 100 yards continuously using the following strokes – 50 yards of front crawl, 25 yards of back crawl and 25 yards of breaststroke.

Fees:     \$80.00 (Cobb Res)             \$105.00 (Non Cobb)

**Central Aquatic Center**

|       |     |                 |             |
|-------|-----|-----------------|-------------|
| 52960 | Sat | Feb 25-March 31 | 10-10:50 AM |
|-------|-----|-----------------|-------------|

**Mountain View Aquatic Center**

|       |     |                |                |
|-------|-----|----------------|----------------|
| 52783 | Sat | Feb 25- Apr 21 | 11:00-11:50 AM |
|-------|-----|----------------|----------------|

(Note: Saturday classes will not meet on March 17 & 24 and April 7)

## (Level 4 continued)

### South Cobb Aquatic Center

|       |     |               |               |
|-------|-----|---------------|---------------|
| 52885 | Sat | Feb 25-Mar 31 | 1:00PM-1:50PM |
| 52886 | Sat | Apr14- May 19 | 1:00PM-1:50PM |

### West Cobb Aquatic Center

|       |       |               |                |
|-------|-------|---------------|----------------|
| 52636 | M, W  | Feb 20-Mar 7  | 8:10- 9:00 PM  |
| 52637 | M, W  | Apr 9- 25     | 8:10- 9:00 PM  |
| 52639 | T, Th | Feb 21-Mar 8  | 7:10- 8:00 PM  |
| 52640 | T, Th | Apr 10- 26    | 7:10- 8:00 PM  |
| 52641 | Sat   | Feb 25-Mar 31 | 12:10- 1:00 PM |

## Level 5 (age 6-15)

This class is designed for children who have completed the Level 4 and are able to swim the following strokes for 50 yards or more: front crawl, back crawl, breaststroke, sidestroke, and elementary backstroke. This class is designed to improve these strokes and prepare students for swim team participation. This class will introduce butterfly, surface dives and springboard diving.

Fees: \$80.00 (Cobb Res) \$105.00 (Non Cobb)

### Central Aquatic Center

|       |     |                 |             |
|-------|-----|-----------------|-------------|
| 52962 | Sat | Feb 25-March 31 | 11-11:50 PM |
|-------|-----|-----------------|-------------|

### Mountain View Aquatic Center

|       |     |                |              |
|-------|-----|----------------|--------------|
| 52786 | Sat | Feb 25- Apr 21 | 1:00-1:50 PM |
|-------|-----|----------------|--------------|

(Note: Saturday classes will not meet on March 17 & 24 and April 7)

### West Cobb Aquatic Center

|       |       |                |                 |
|-------|-------|----------------|-----------------|
| 52642 | T, Th | Mar 13-29      | 8:10-9:00 PM    |
| 52643 | T, Th | May 1-17       | 8:10-9:00 PM    |
| 52644 | Sat   | Feb 25- Mar 31 | 10:10- 11:00 AM |

## Competitive Diving:

The Central Aquatic Center and West Cobb Aquatic Center host a USA competitive diving team.

For more information contact Bill Humber, Metro Atlanta Diving at 770-528-8465.

## Competitive Swimming:

Cobb County Aquatic Facilities host several USA competitive swim teams.

|                     |              |
|---------------------|--------------|
| Chattahoochee Gold  | 770-928-1506 |
| Kennesaw Tidal Wave | 770-499-3296 |
| Marietta Marlins    | 770-578-0934 |
| Stingrays           | 770-310-1312 |

## Adult Aqua-Aerobic classes:

### Central Aquatic Center

|          |             |          |
|----------|-------------|----------|
| 9:00 am  | Mon/Wed/Fri | Aerobics |
| 10:00 am | Mon/Wed/Fri | Seniors  |
| 5:30 pm  | Mon/Wed     | Aerobics |

### Mountain View Aquatic Center

|         |       |                          |
|---------|-------|--------------------------|
| 8:00am  | M/W/F | Aerobics (shallow water) |
| 8:00am  | T/TH  | Aerobics (shallow water) |
| 9:00am  | M - F | Aerobics (deep water)    |
| 10:00am | M/W/F | Arthritis, AquaFit       |
| 10:00am | T/TH  | Aerobics (shallow water) |
| 11:00am | M/W/F | Adaptive & arthritis     |
| 5:30 pm | M - F | Aerobics (shallow water) |

### West Cobb Aquatic Center

|          |         |                          |
|----------|---------|--------------------------|
| 9:00 am  | Mon-Fri | Aerobic (shallow water)  |
| 9:10 am  | Sat     | Aerobic (shallow water)  |
| 10:00 am | M/W/F   | Low Intensity (shallow)  |
| 6:00 pm  | Tues    | Aerobics (deep water)    |
| 6:00 pm  | Thu     | Aerobics (deep water)    |
| 7:00 pm  | M/W     | Aerobics (shallow water) |
| 11:10am  | M/W/F   | Low Intensity (shallow)  |

### South Cobb Aquatic Center

## Aqua-Aerobic Fees:

|         |  |
|---------|--|
| Adults  | \$4.50 per class (10-visit pass \$45.00) |
| Seniors | \$2 per class (10-visit pass \$20.00)    |

## Shallow Water:

Low impact, mid to high intensity to get blood flowing. A good aerobic workout with muscle toning

## Deep Water:

Enjoy a deep water workout that has no impact on the joints, yet high intensity to burn calories...very cardiovascular...add a little body sculpting and you have a total body workout.

## Additional Programs

**Lifeguard Training** - Class is designed to certify individuals in lifesaving, standard first aid and CPRO (CPR for the professional rescuer).

**Cardio Pulmonary Resuscitation** – Class is designed to certify individuals in the American Red Cross CPRO class

**Water Safety Instructor** – Class is designed to certify individuals to teach American Red Cross swimming lessons.

## Cobb Aquatics Indoor Facilities ADMISSION FEES

|            | Adult    | Youth    | Senior   |
|------------|----------|----------|----------|
|            | Cobb     | Cobb     | Cobb     |
| Daily      | \$4.50   | \$ 3.50  | \$ 2.12  |
| 10 Visit   | \$34.50  | \$19.93  | \$13.78  |
| Monthly*   | \$37.86  | \$27.40  | \$19.08  |
| Quarterly* | \$103.13 | \$60.28  | \$42.40  |
| Annual*    | \$272.02 | \$186.83 | \$131.44 |

Central Aquatic Center 770/528-8465

Mountain View Aquatic Center 770/509-4925

West Cobb Aquatic Center 770/222-6700

South Cobb Aquatic Center 770/739-3180

## Family Passes

| Size | 3 months |
|------|----------|
| 4    | \$146.28 |
| 5    | \$161.12 |
| 6 +  | \$174.90 |

Call for facilities for dates

\*(Check with any aquatic facility for Non-Cobb resident prices)